



Model: NMT.3.0
ITM. / ART:

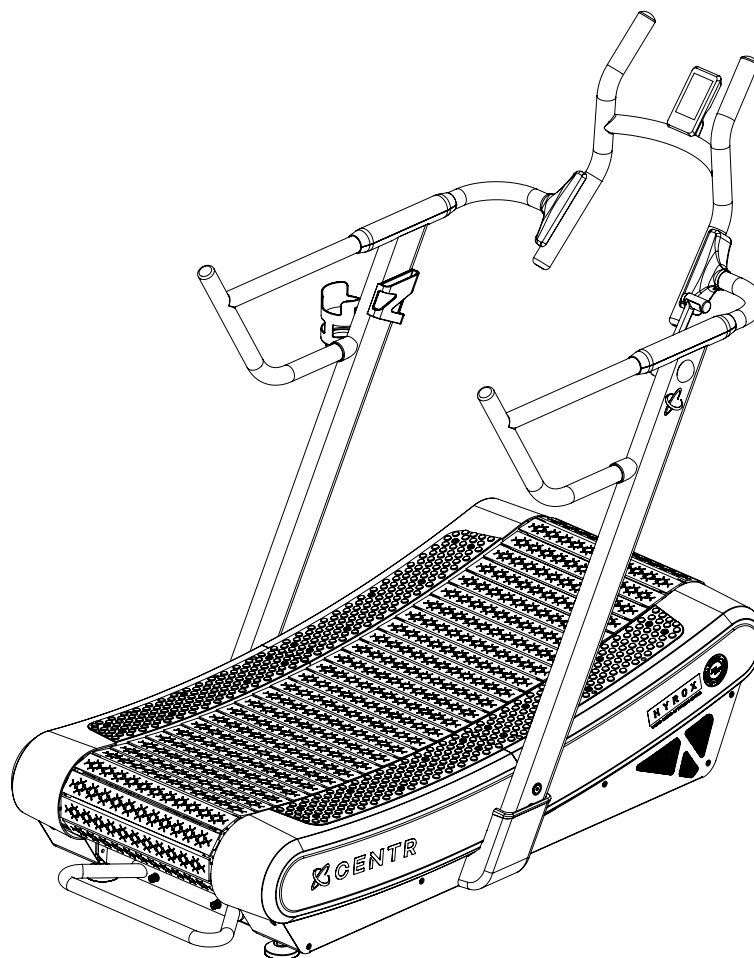
USER MANUAL

CENTR HYROX PERFORM TREAD

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT



Record Serial Number Here

MADE IN CHINA
80578-EN-V2025-08-21

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



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877-738-1729 (US Only)

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Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **centr.com/support**

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

This Treadmill Is Built For Optimum Safety. However, Certain Precautions Apply Whenever You Operate A Piece Of Exercise Equipment. Be Sure To Read The Entire Manual Before You Assemble Or Operate Your Machine. Please Note The Following Safety Precautions:

WARNING

Before Using This Treadmill, All Users Must Read, Understand, And Carefully Follow All Warnings, Instructions, And Procedures On The Treadmill And In This User Manual.

DANGER

To Reduce The Risk Of Electric Shock And The Injury From Moving Parts, Always Unplug This Treadmill From The Electrical Outlet Immediately After Using And Before Cleaning Or Attempting Any Maintenance Activity.

WARNING

To Reduce The Risk Of Burns, Fire, Electric Shock, Or Injury To Persons:

1. Consult Your Physician Before Beginning Any Exercise Program.
2. Do Not Operate The Treadmill While Being Covered With A Blanket, Plastic Or Anything That Insulates Or Stops Airflow. Excessive Heating Can Occur And Cause Fire, Or Injury To Persons.
3. Always Keep Children And Pets Away From The Treadmill. Do Not Leave Children Unattended In The Same Room With The Treadmill.
4. Only One Person At A Time Should Use The Treadmill.
5. Use The Treadmill Only For Its Intended Use As Described In This Manual. Do Not Use Attachments Not Recommended By Centr.
6. Never Operate The Treadmill If It Is Not Working Properly, If It Has Been Dropped Or Damaged, Or Partially Immersed In Water. Contact Centr Customer Service.
7. Never Operate The Treadmill With The Air Openings Blocked. Keep Air Openings Free Of Lint, Hair Or Any Obstructing Material.
8. Never Insert Objects Into Any Openings In This Treadmill. If An Object Has Been Dropped In The Treadmill Try To Carefully Retrieve It. If The Item Cannot Be Reached, Contact Centr Customer Service.
9. Do Not Use This Treadmill Outdoors, Near Water, While Wet, Or In Areas Of High Humidity.
10. Do Not Use This Treadmill In Areas Where Aerosol Spray Products Are Being Used Or Where Oxygen Is Being Administered. Such Substances Create The Danger Of Combustion And Explosion.
11. If The User Experiences Dizziness, Nausea, Chest Pain, Or Any Other Abnormal Symptoms, Stop The Workout At Once. Consult A Physician Immediately.
12. Do Not Exceed Maximum User Weight Of 400 Lbs (181 Kg).
13. Inspect The Treadmill For Incorrect, Worn, Or Loose Components And Then Correct, Replace, Or Tighten Prior To Use.
14. Always Wear Appropriate Workout Clothing When Exercising. Do Not Wear Robes Or Other Loose Clothing That Could Become Caught In The Treadmill. Running Or Training Shoes Are Also Required When Using The Treadmill.
15. Care Should Be Used When Mounting Or Dismounting The Treadmill.
16. Read, Understand, And Test The Emergency Stop Procedures Before Use.
17. Keep Hands Away From All Moving Parts.
18. Keep The Top Side Of The Moving Surface Clean And Dry.
19. Disabled Persons Should Not Use The Machine Without A Qualified Person Or Physician In Attendance.
20. Before Using The Machine To Exercise, Always Do Stretching Exercises To Properly Warm Up.

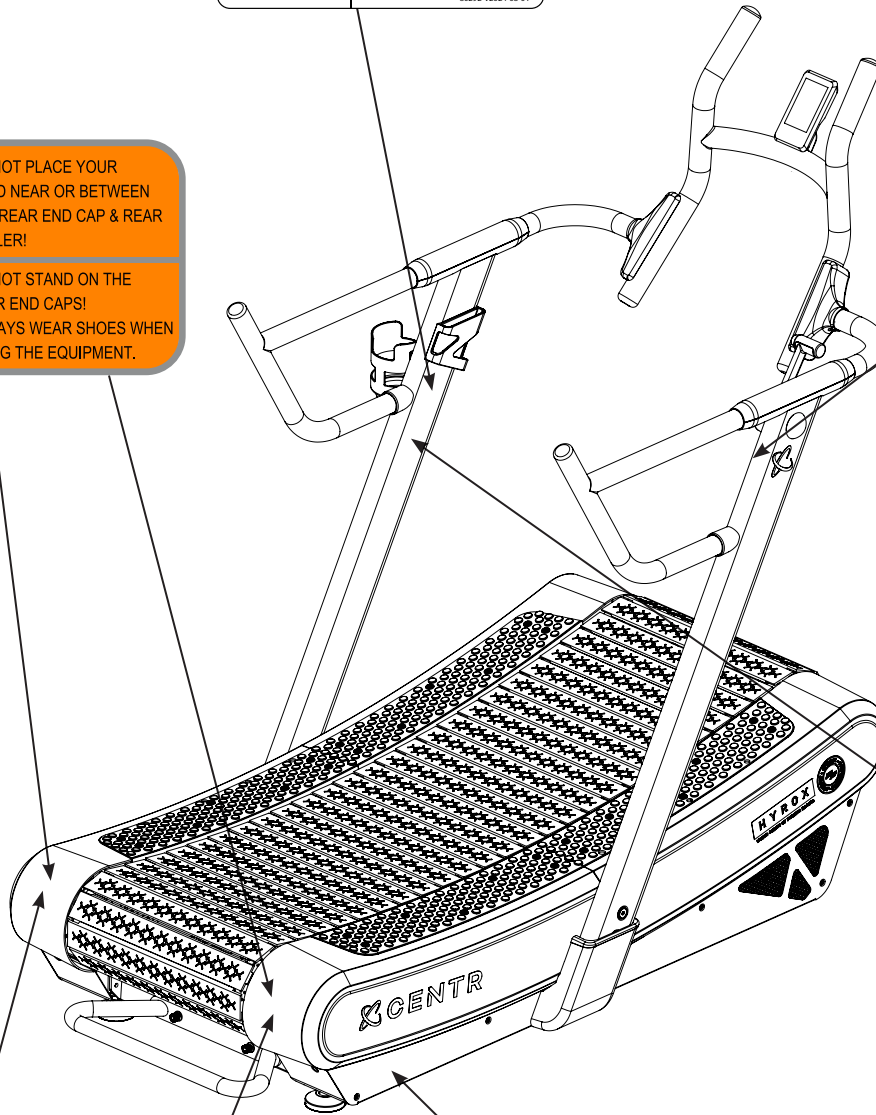
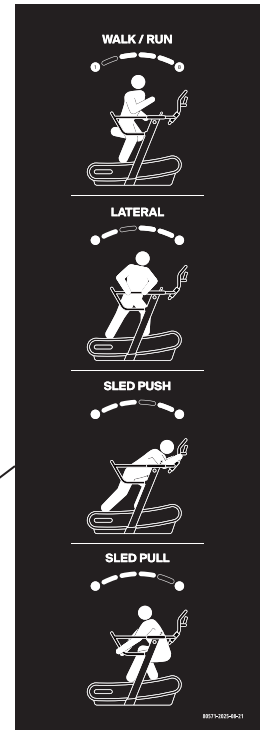
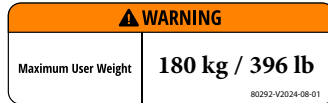
IMPORTANT SAFETY INSTRUCTIONS

21. Position the treadmill on a solid level surface, and do not block any openings or vents in the floor.
22. Do Not Place Any Sharp Objects Around The Machine.
23. In case of an emergency, firmly grip the handlebars and step onto the side foot covers to quickly exit the moving surface.

WARNING

Before Beginning Any Exercise Program, Consult Your Physician. This Is Especially Important For Individuals Over The Age Of 35 Or Persons With Pre-Existing Health Problems. Read All Instructions Before Using Any Fitness Equipment. Centr, Llc. Does Not Assume Any Responsibility For Personal Injury Or Property Damage Sustained By Or Through The Use Of This Product.

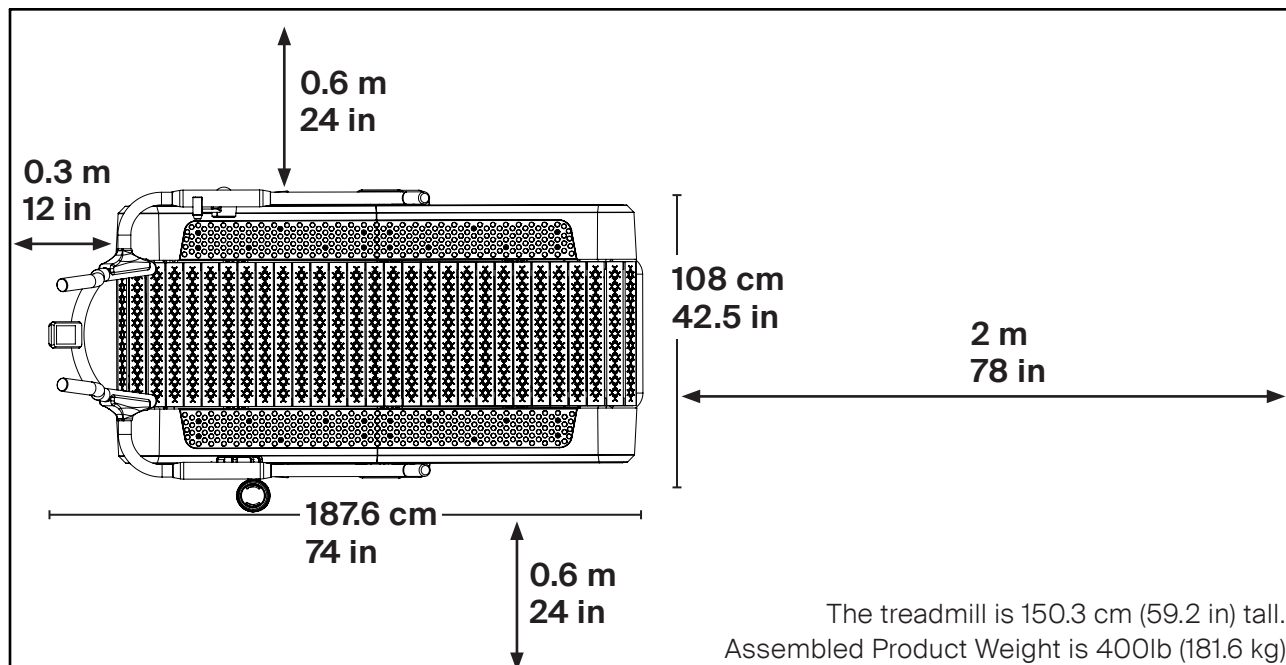
WARNING AND SERIAL NUMBER LABELS



SPACE REQUIREMENTS

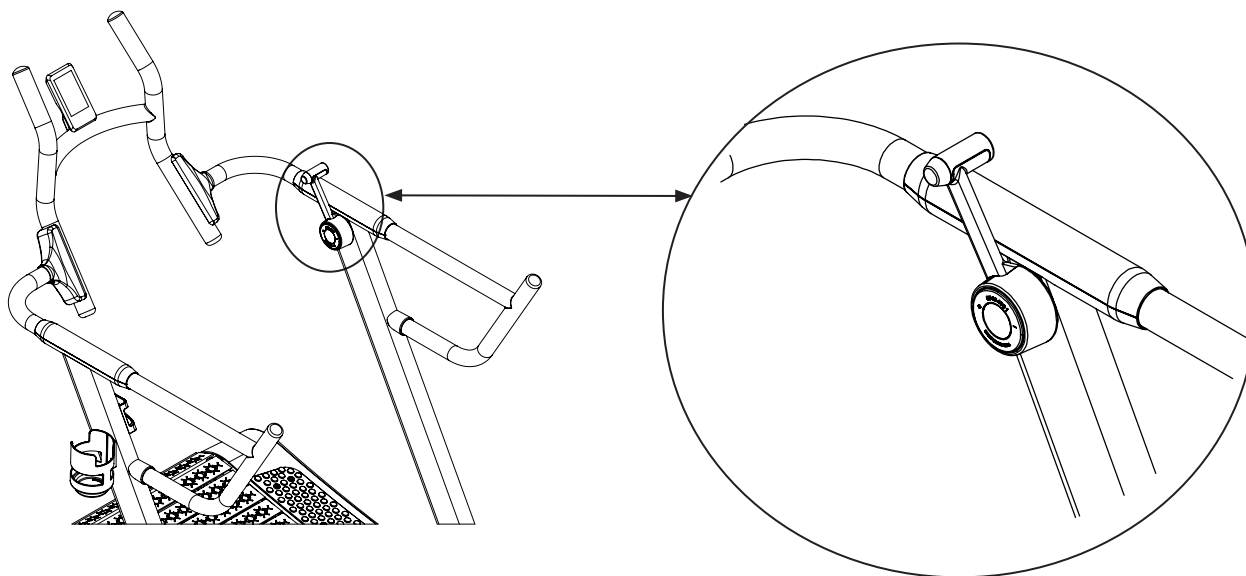
This treadmill requires a minimum amount of floor space to safely operate. Keep a minimum open area of 2 m (78 in) behind the treadmill, and 0.6m (24 in) on both sides.

Total Surface Area of the treadmill is 20261 cm²

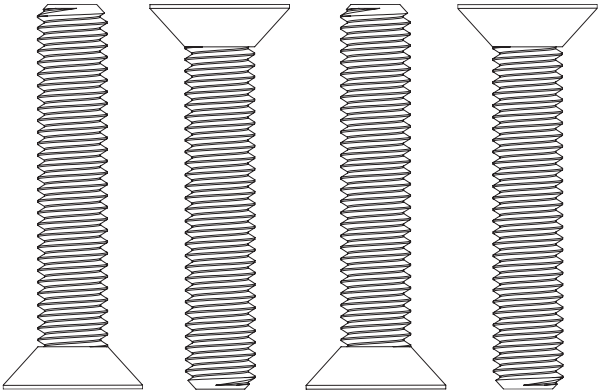
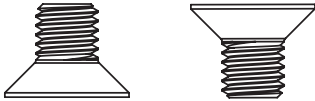
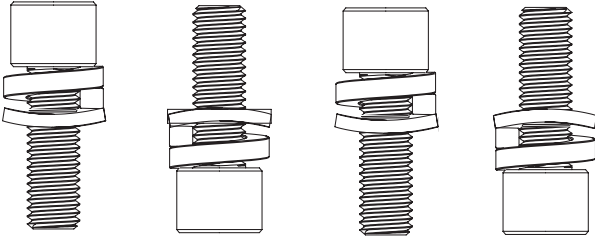
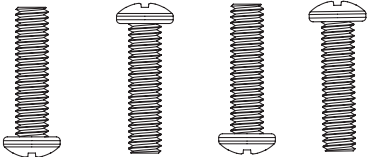
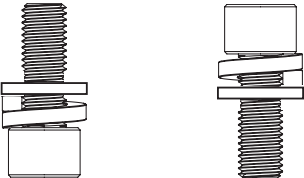


USE OF RESISTANCE LEVER

The resistance lever on this treadmill allows you to adjust the work intensity. In the depiction below the resistance is currently set to the maximum resistance of level 8, **pulling the lever decreases the resistance**, making it easier to walk or run, and vice versa. To adjust, simply push or pull the lever until you reach the desired level of resistance. This feature provides incremental control over your workout, enabling you to tailor the intensity according to your fitness level.

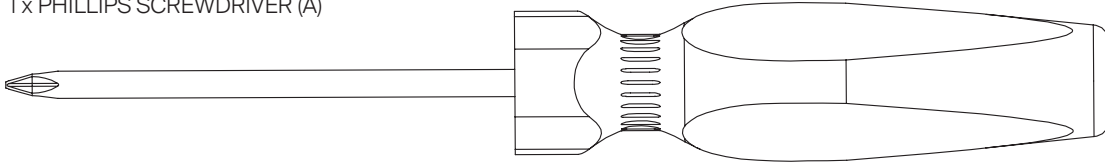


HARDWARE PACK (NOT TO SCALE)

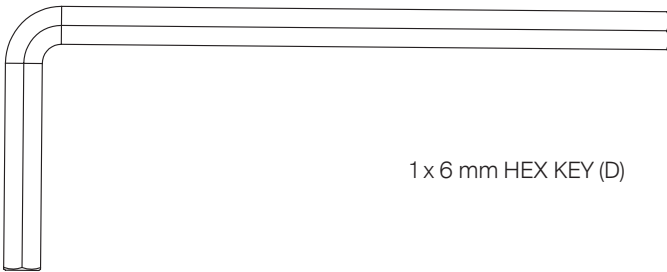
HARDWARE 1/2	
STEP 1  4 X SCREW, M10 X 50	STEP 2  12 X SCREW, M10 X 15
STEP 3  2 X SCREW, M3 X 5	STEP 4  4 X BOLT, M8 X 25 4 X SPRING WASHER, 8.1 4 X WAVE WASHER, 8
STEP 5  4 X SCREW, M4 X 16	STEP 6  4 X SCREW, M4 X 16
STEP 7  2 X SCREW, M10 X 20 2 X SPRING WASHER, 10.2 2 X FLAT WASHER, 10.5	

HARDWARE 2/2

1 x PHILLIPS SCREWDRIVER (A)



1 x 6 mm HEX KEY (D)



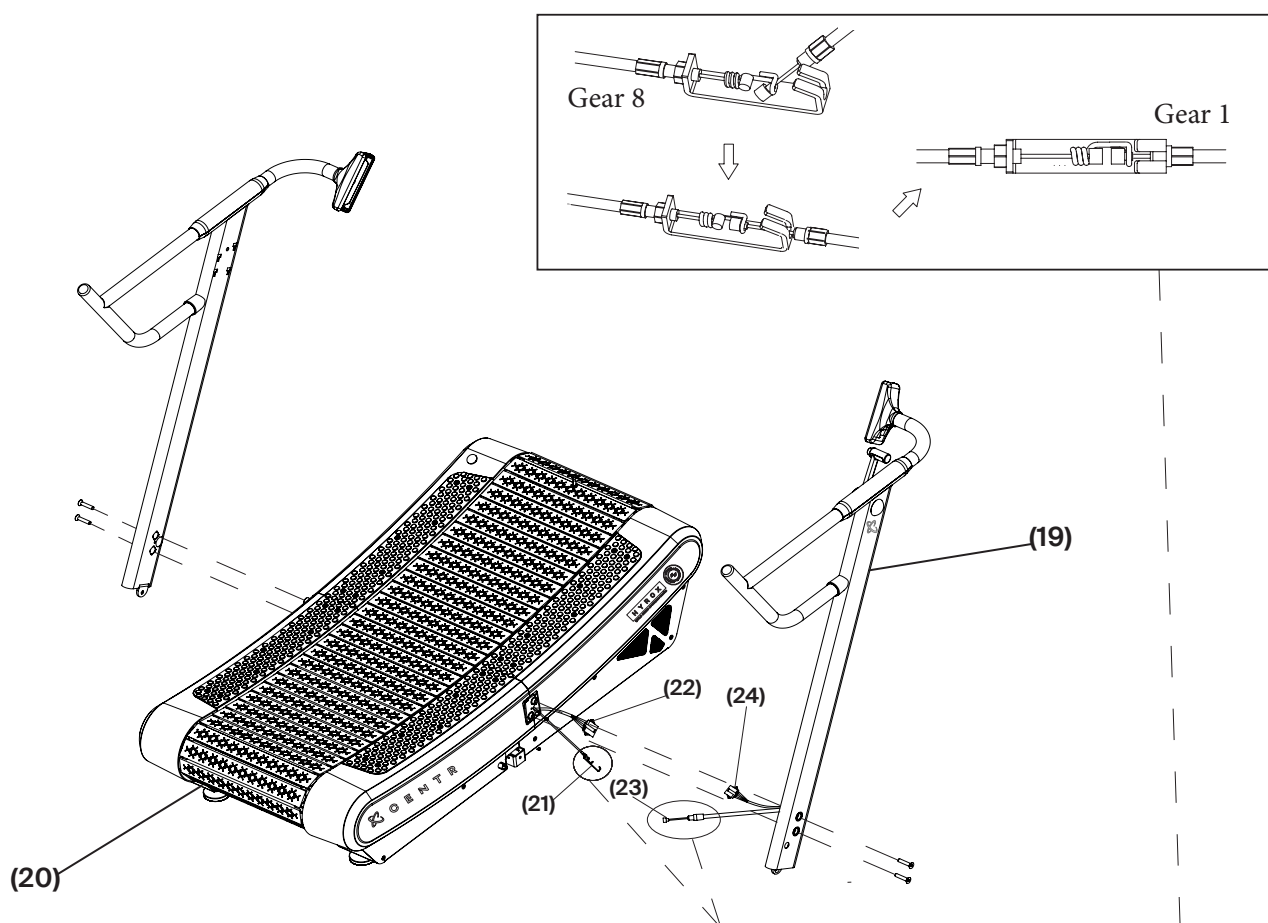
ASSEMBLY

WARNING

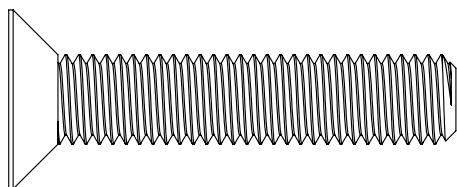
IT IS RECOMMENDED TO HAVE AT LEAST 2 PEOPLE FOR UNBOXING AND ASSEMBLING THE TREADMILL.

STEP 1: Remove the **cables (23, 24)** near the lower end of the **Right Upright (19)**, and connect it to the **cables (21, 22)** coming out of the **Base Frame Assembly (20)**. Then, attach the right upright followed by the left upright to the base frame assembly using a **6mm Hex Key (D)**, but do not fully tighten the hardware at this stage.

Note: **Adjust the resistance** all the way to **gear 8** before installing the cables, once the **cable (23)** sits correctly on the **anchor point of the cable (21)** make sure to adjust the lever to **gear 1**.

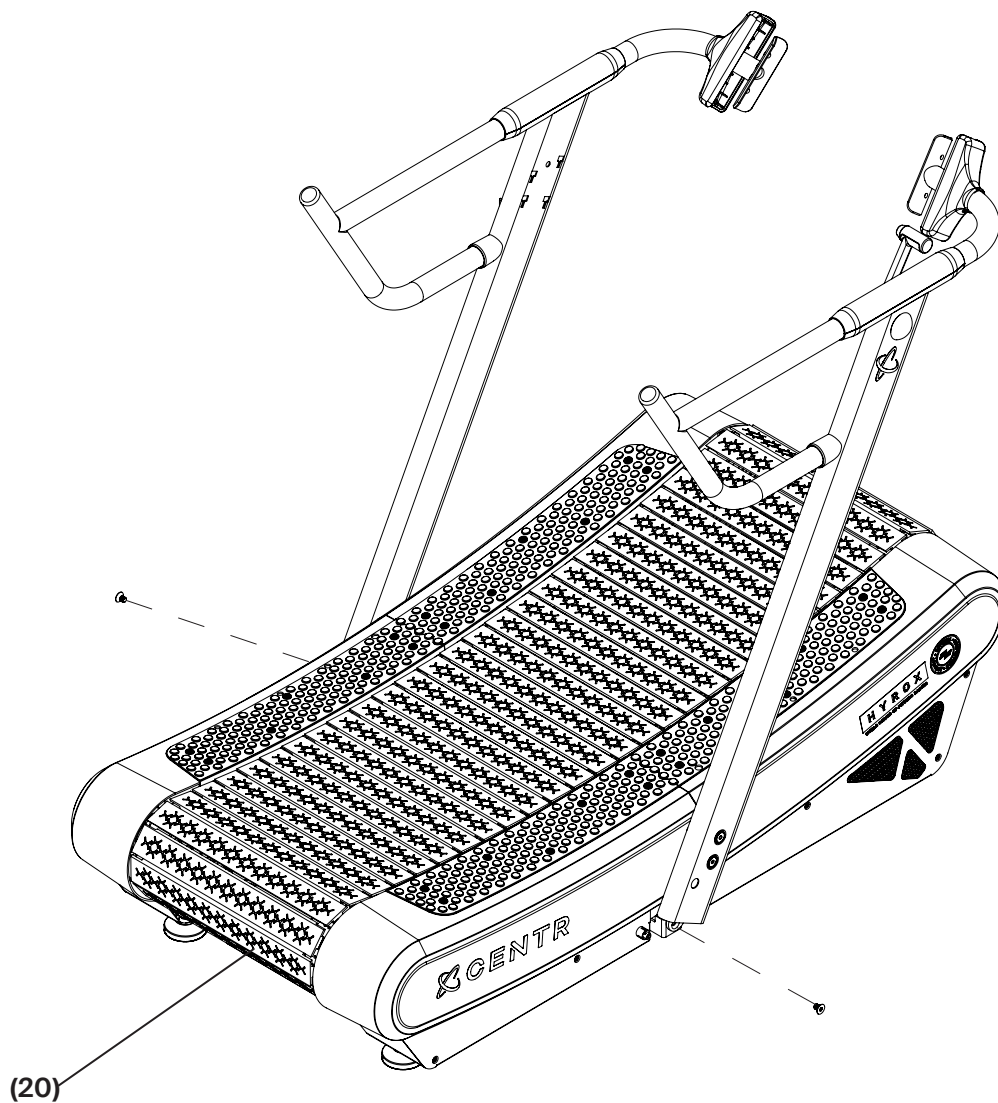


HARDWARE REQUIRED

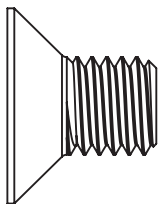


4 X SCREW, M10 X 50

STEP 2: Using a **6mm Hex Key (D)**, attach the following hardware through the uprights to the **Base Frame Assembly (20)**.

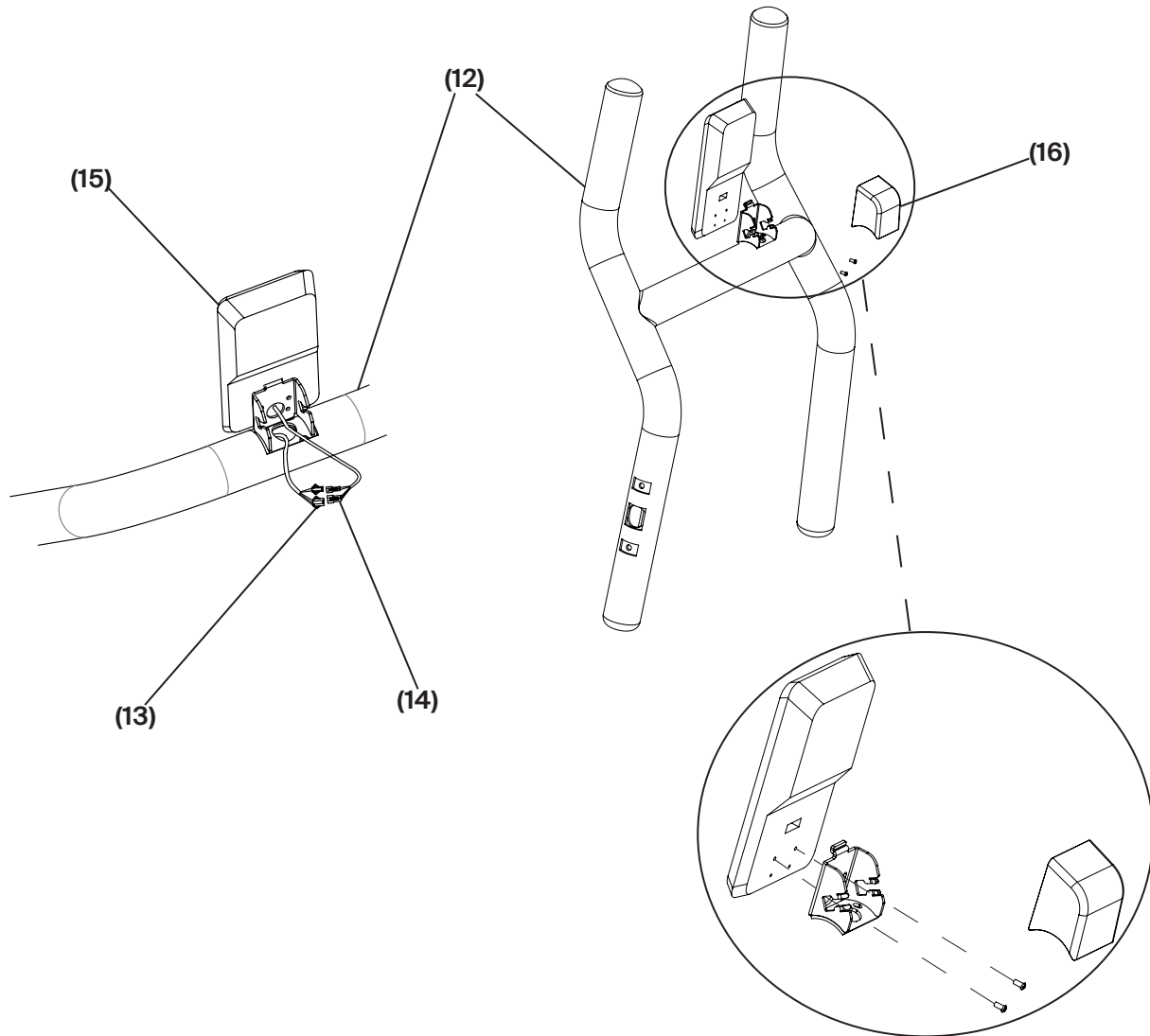


HARDWARE REQUIRED

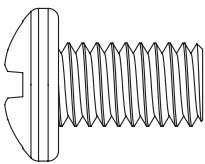


2 X SCREW, M10 X 15

Step 3: Pull one **Cable Connector (13)** from the **Front Handrail (12)** and another **Cable Connector (14)** from **Console (15)**. Route the cables through the **Front Handrail (12)** and connect the cables. Push the cables into the front handrail without cutting or crimping them. Attach the **Console (15)** to the front handrail using the hardware and put the **Back Cover (16)** to cover the bracket.



HARDWARE REQUIRED



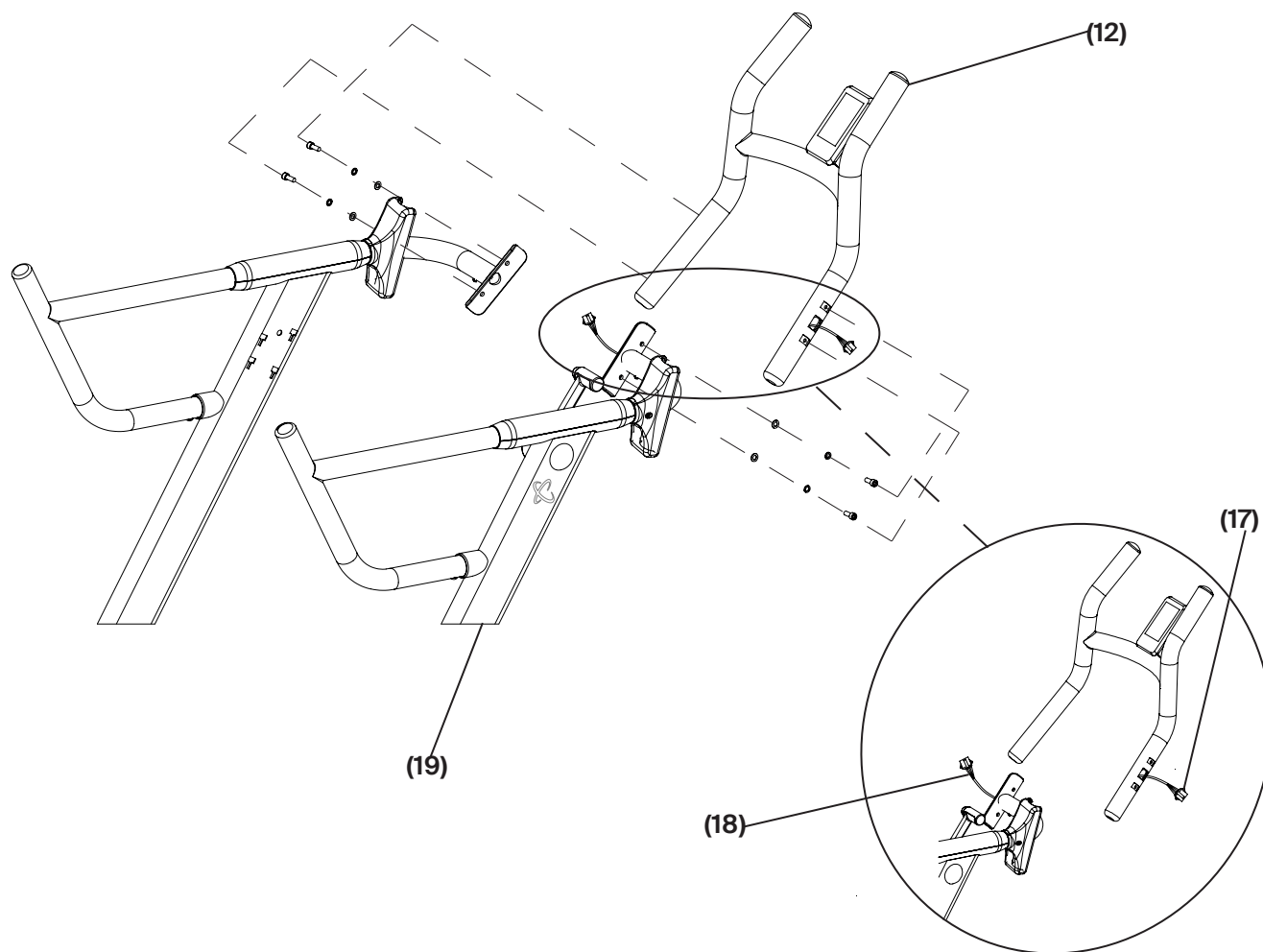
2 X SCREW, M3 X 5

Warning

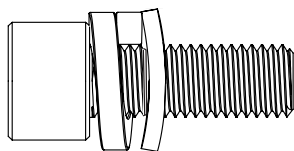
Recommended to have at least 2 people for this step.

Step 4: Gently pull the **Cable Connectors (17, 18)** from the **Front Handrail Assembly (12)** and the **Right Upright (19)**. With support, connect the cables and push them inside the right upright. Slide the front handrail assembly between the uprights, carefully push the cables inside the **Right Upright (19)**, and secure the assembly to the uprights by fastening the hardware mentioned below.

NOTE: Avoid cutting or crimping the cables.



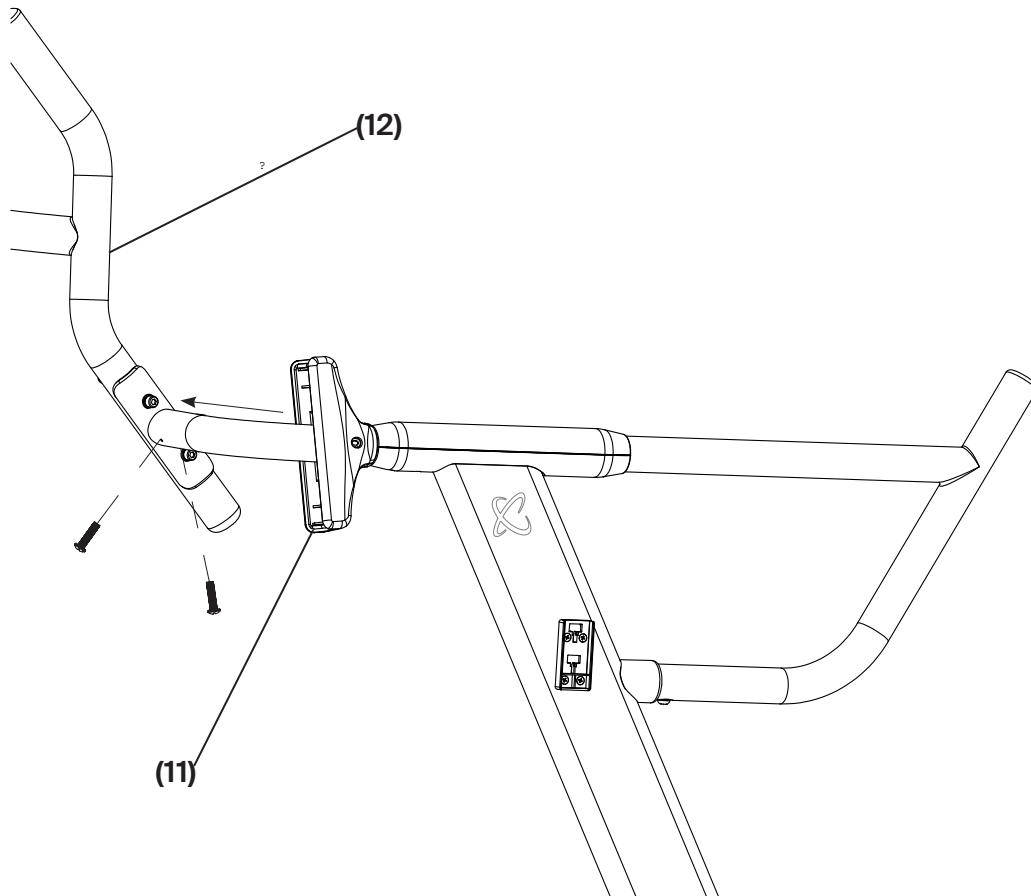
HARDWARE REQUIRED



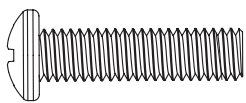
4 X BOLT, M8 X 25
4 X SPRING WASHER, 8.1
4 X WAVE WASHER, 8

Step 5 Slide the **Junction Cover (11)** to the **Front Handrail Assembly (12)**, and attach it using the hardware mentioned below.

NOTE: Follow same steps to attach the junction cover on other rail.

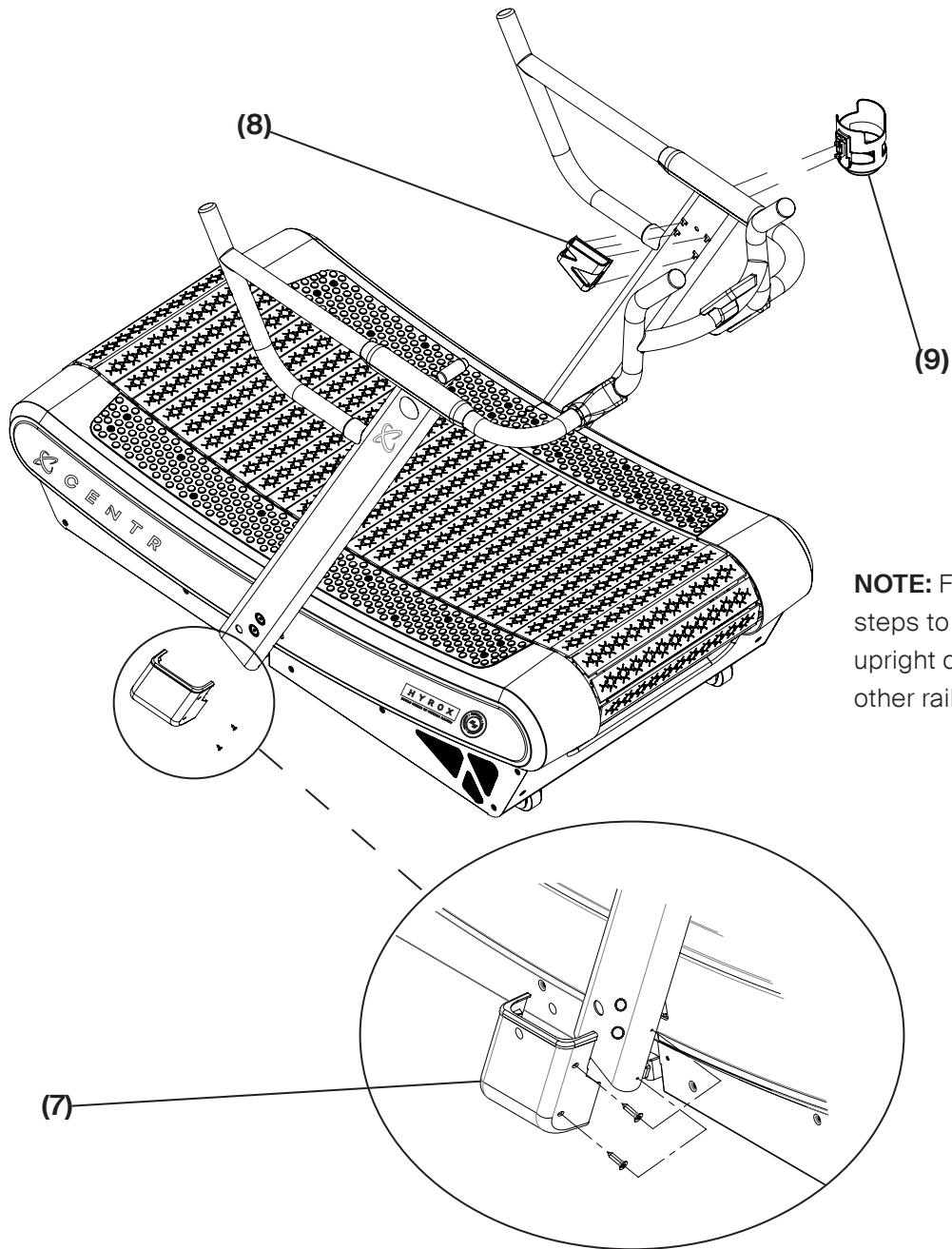


HARDWARE REQUIRED

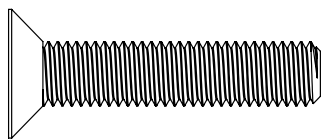


4 X SCREW, M4 X 16

Step 6: Attach the **Upright Covers (7)** to both uprights. Then, install the **Cell Phone Holder (8)** and **Bottle Holder (9)** by sliding them into the grooves on the left upright.

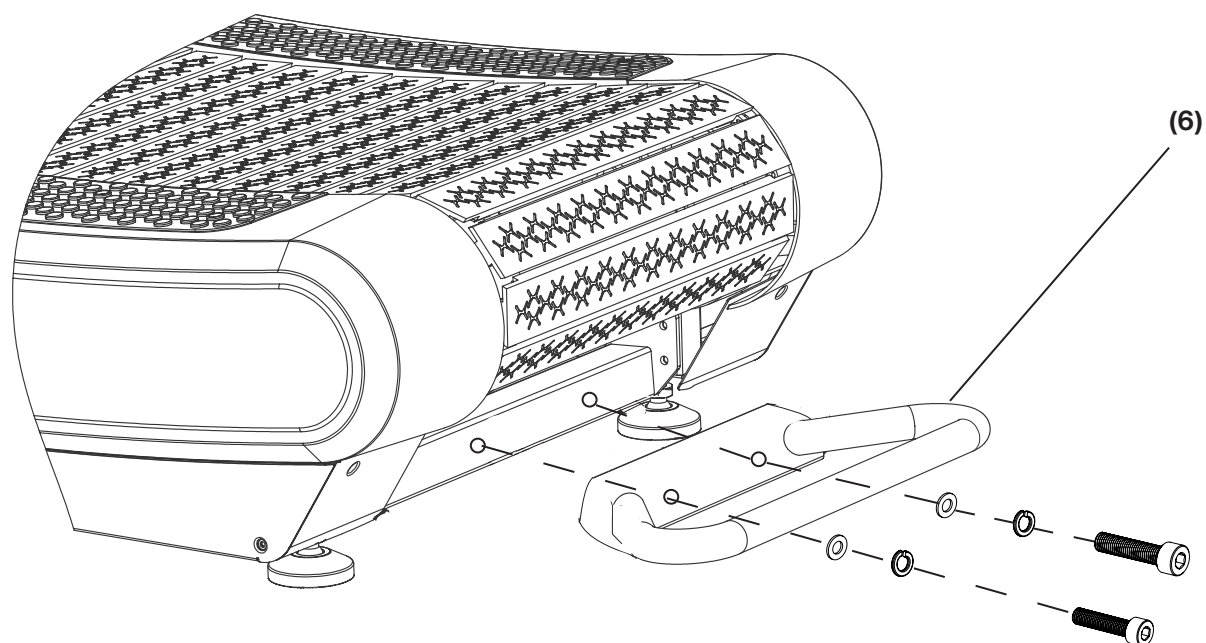


HARDWARE REQUIRED

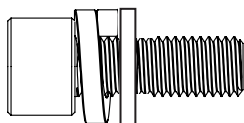


4 X SCREW, M4 X 16

Step 7: Slide the **Handle Assembly (6)** into the rear of the base frame assembly and secure it with the indicated hardware.

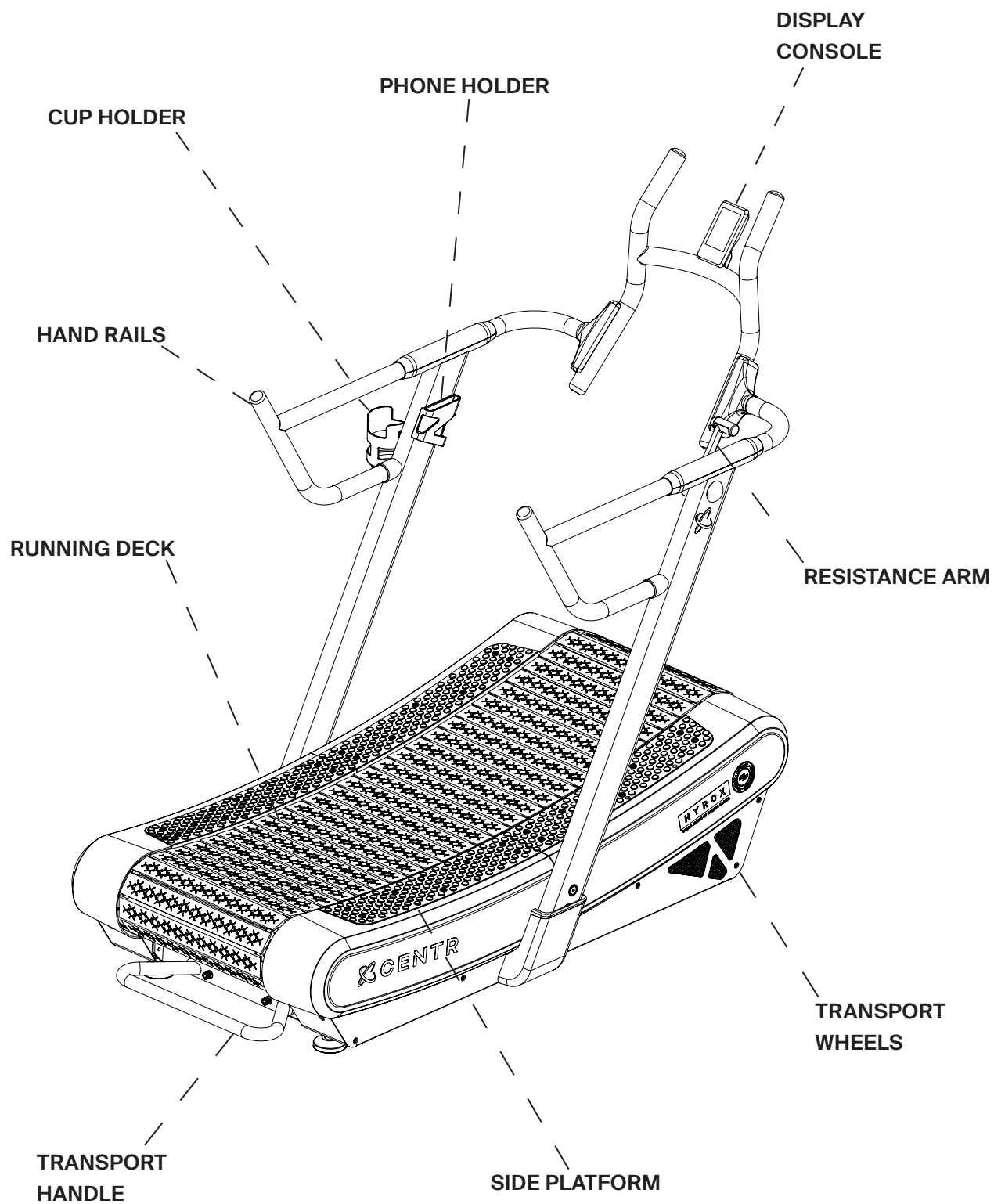


HARDWARE REQUIRED



2 X SCREW, M10 X 20
2 X FLAT WASHER, 10.5
2 X SPRING WASHER, 10.2

FEATURE OVERVIEW



BEFORE YOU BEGIN

This treadmill is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment.

WARNING

Before using this treadmill, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill and in this user manual. The user is required to perform a complete visual inspection, and test of the features and functions of the assembled treadmill prior to use.

CAUTION

1. To avoid injury, use extreme caution when stepping onto or off of a moving belt.
2. Set your desired resistance using the resistance lever on the right upright. The speed will increase when there is less resistance and vice versa.
3. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt, which may result in serious injury.
4. Start the treadmill by running at a very low speed and use your momentum to continue. To end, step off the belt onto the foot covers while holding the handrails or uprights for stability. Always ensure the treadmill is at a low resistance setting when beginning or dismounting for better control.
5. Always hold the handrail when changing settings on the console or changing the resistance, avoid stepping off when the belt is in motion as this may impact control and safety.

DISPLAY CONSOLE OPERATION

CONSOLE KEYPAD OVERVIEW

NOTE: The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls. For best performance of the touch buttons, regularly clean the console surface.

CONSOLE BATTERY INSTALLATION AND REPLACEMENT

BATTERY INSTALLATION: When the product is used for the first time, the display console needs to follow the following steps to install the battery:



STEP 1:

Press the battery cover, push it down in the direction of arrow to remove it.



STEP 2:

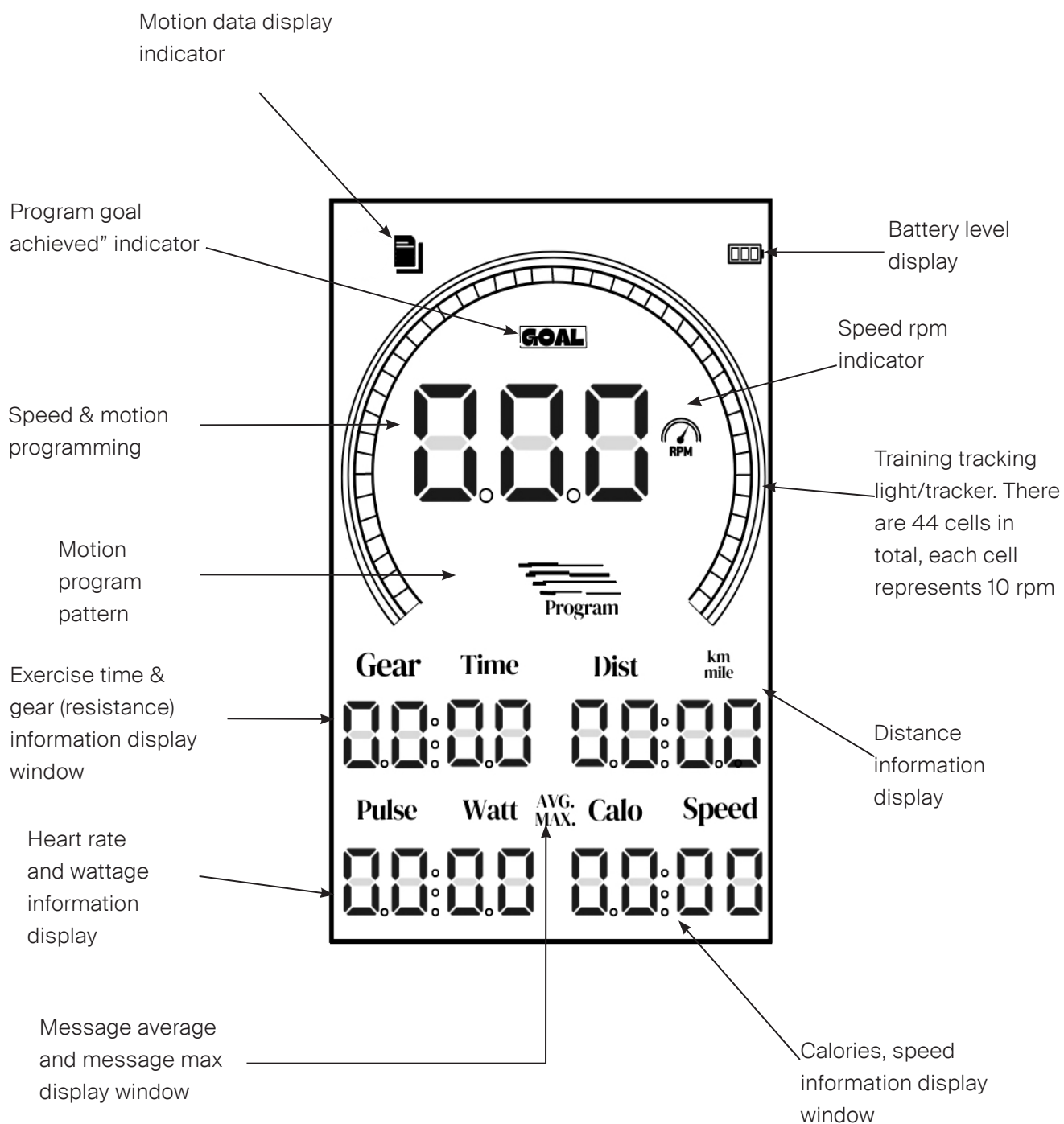
Install 4 number of 1.5 Volt batteries according to the positive and the negative electrode mark.



STEP 3:

Attach the battery cover back into the battery box, push it in the direction of the arrow.

DISPLAY INTERFACE OPERATION



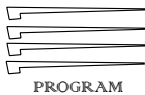
DETAILS OF DISPLAY PATTERN



MOTION DATA DISPLAY

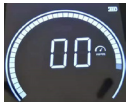
Present the state of the motion data, constant bright.

No state of motion data, no light.



THE MOTOR PROGRAM SELECTION DISPLAY:

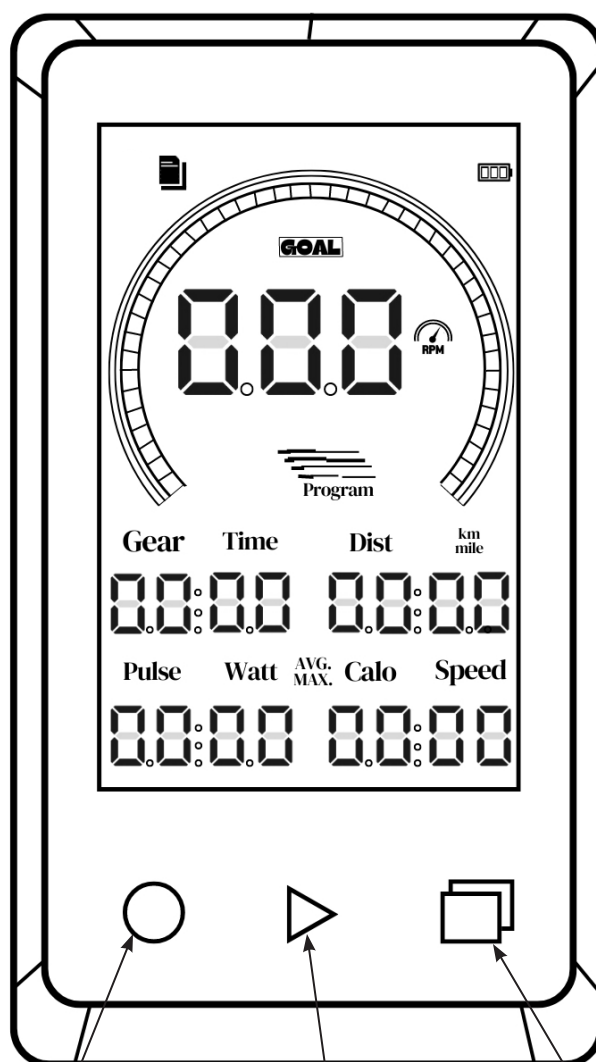
- No selection program, no lighting
- P-1: Brighten a line and program font.
- P-2: Brighten a line and program font.
- P-3: Highlight a line and the program font consistently.
- P-4: Bright two lines and program font constant bright.
- P-5: Bright three lines and program font constant bright.
- P-6: Bright four lines and program font constant bright.



TARGET AND ACTUAL INDICATOR

According to the usage mode, the movement data in different modes:

When no motion program is active, the RPM pattern, RPM square indicator light, and tracker pattern will all illuminate. When using exercise programs, the tracker displays the actual RPM value, the RPM pattern remains constantly lit, and the middle three digits show the dynamic speed value. On the standby screen, when a motion program is selected, the middle three digits display the program code, and both the tracker and RPM pattern light up. Additionally, the target value is indicated by the grid indicator flashing to inform the user of the target.



NOTE: Console will come to standby **1 minute** after coming to a halt. If the pause detects **rpm greater than 25** during motion, it returns to the screen before pressing pause. The screen will go to sleep **2 mins** after coming to stop.

(G) Switch average and max workout data (when pause), and set workout paramet for programs.

(F) Start, pause and hold for 3 sec to enter standby page.

(E) Select program and switch workout data window.

NOTE: After pause press the **E** key to enter the motion data page, the **G** key can switch the **AVG** (avg heart rate, avg speed, avg watt) and **MAX** (max watt, max heart rate, max speed) showing the motion data.

WIRELESS HEART RATE MONITORING DISPLAY

WHEN STARTING THE EXERCISE PROGRAM AND STARTING THE EXERCISE, WEAR THE STANDARD HEART RATE BAND (5.3K HEART RATE BAND, SUCH AS PLA WIRELESS HEART RATE BAND, ETC.), AND THE ELECTRONIC METER CAN DETECT AND DISPLAY THE HEART RATE VALUE. THE HEART RATE DATA MAY BE INACCURATE DUE TO VARIOUS REASONS. THE DATA IS FOR REFERENCE ONLY AND CANNOT BE USED AS MEDICAL DATA.

ENGINEERING MODE

ENGINEERING MODE ENTRY: Enter the engineering mode in the standby interface, hold down the key **(F)** and key **(E)** at the same time for 3 seconds and return to the standby screen by pressing the key **(F)** for 3 seconds.

SOFTWARE VERSION NUMBER DISPLAY: Displays the software version in the initial interface (e.g. U0.13), and the actual version is subject to the mass production version.

METRIC SWITCH: In the standby screen, hold the key **(F)** and key **(E)** at the same time for 3 seconds to enter the engineering mode, press the **(E)** key once to set the unit, press **(G)** to toggle between the units and hold key **(F)** for 3 seconds to return to the standby mode.

BACKLIGHT BRIGHTNESS: After entering the engineering mode, press the key **(E)** **twice** to enter the backlight setting interface (**default value : 0.60**), Press key **(G)** to adjust the backlight brightness, and adjust the brightness value continuously every time you press and hold it down. Hold key, **(F)** for **3 seconds** after setting to return to the standby screen.

NOTE: In engineering mode, no operation state exceeds 1 minute.

MAINTENANCE AND CARE

WARNING

The safe operation of the machine can only be maintained when the equipment is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular maintenance and inspections for damage and wear are performed. Special attention should be given to components which are most susceptible to wear. Components which are most susceptible to wear are the Running Belt, Running Deck, Rollers, and Side Platforms. Worn or damaged components should be replaced immediately, or the equipment removed from use until the repair is made. Inspect all bolts, nuts and any other securing devices to be sure that they are fully tightened and that the machine is properly assembled and in a safe condition. All warnings and instructions must be read and followed prior to use.

General cleaning will help prolong the life and performance of the treadmill.

- Keep the treadmill clean and maintained by dusting the components on a regular basis.
- Clean the side platforms and the visible portion of the running deck to prevent debris from accumulating underneath the running belt. Debris under the running belt will degrade the performance and prematurely wear out the running belt and deck.
- Keep your running shoes clean so that debris does not accumulate underneath the running belt.
- Clean the surface of the running belt with a clean damp cloth.
- Regularly inspect the product for loose hardware.
- The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment.
- It is recommended to place the treadmill on a qualified treadmill mat that is slightly larger than the treadmill base. This will help protect your product from accumulating dust, debris and carpet fibers which can affect the performance and longevity of your treadmill.

ADJUSTING THE RUNNING BELT

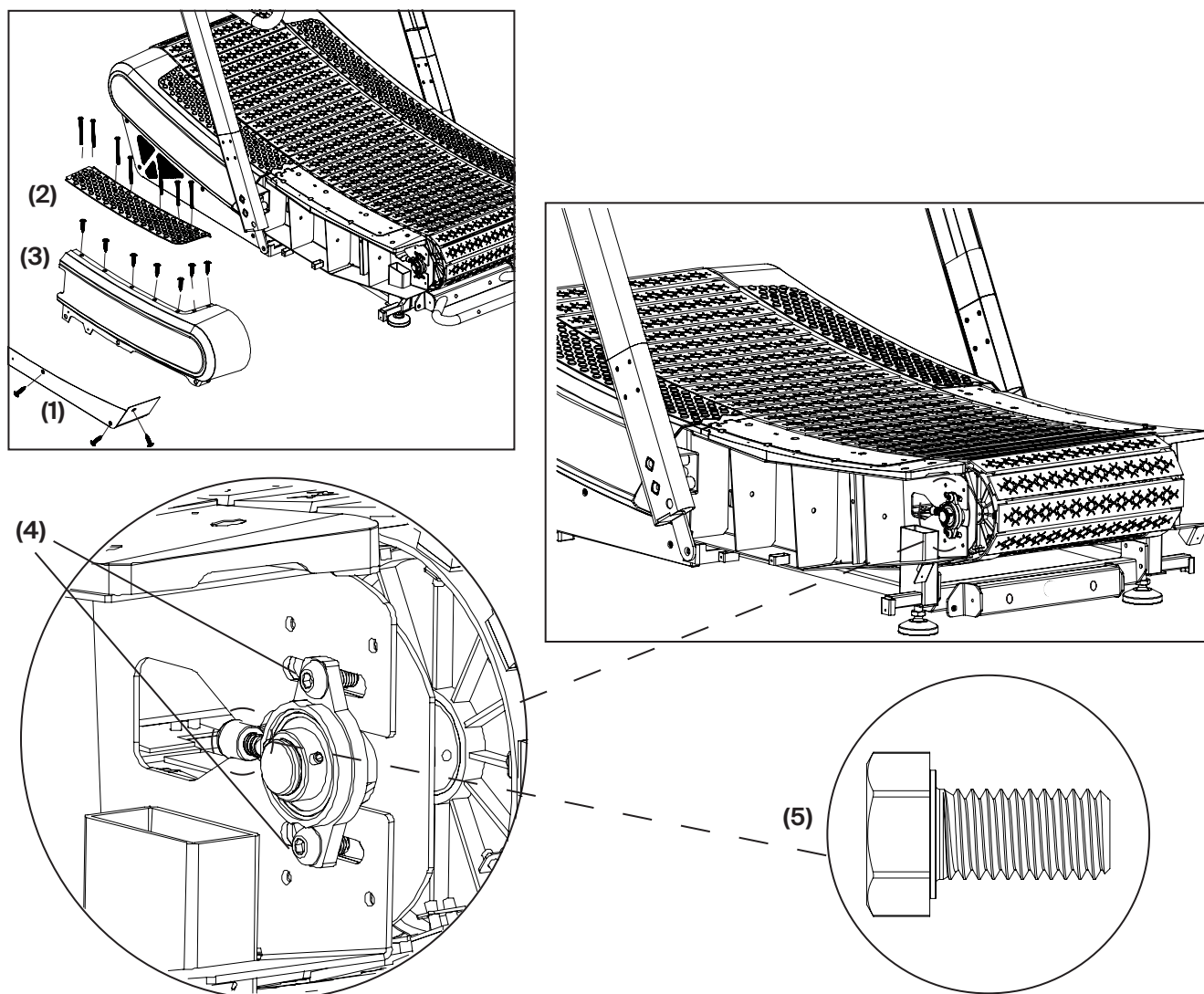
The running belt is properly adjusted at the factory but may loosen or change over time. It is important to properly adjust the running belt so it has the right tension and doesn't slip or feels loose when in motion.

RUNNING BELT TENSION

To check the running belt tension, lift the running belt at the center from the deck, it should lift about 2-3 inches off the running platform. If it lifts higher, it's too loose; if it barely lifts, it's too tight.

ADJUSTING THE BELT TENSION

To adjust the running belt tension, the **Rear Cover Panel (1)**, **Rear Foot Cover (2)**, and the **Side Cover (3)** need to be removed from both sides of the machine. Then loosen the **screws (4)** on both ends. According to how the belt tension needs to be adjusted, loosen or tighten the **screw (5)** on both ends. Once the belt tension has been adjusted, tighten the **screws (4)**. Then reattach the **Side Covers (3)**, **Rear Foot Covers (2)** and the **Rear Cover Panel (1)** in that order. Ensure each component is properly tightened.



CENTR